

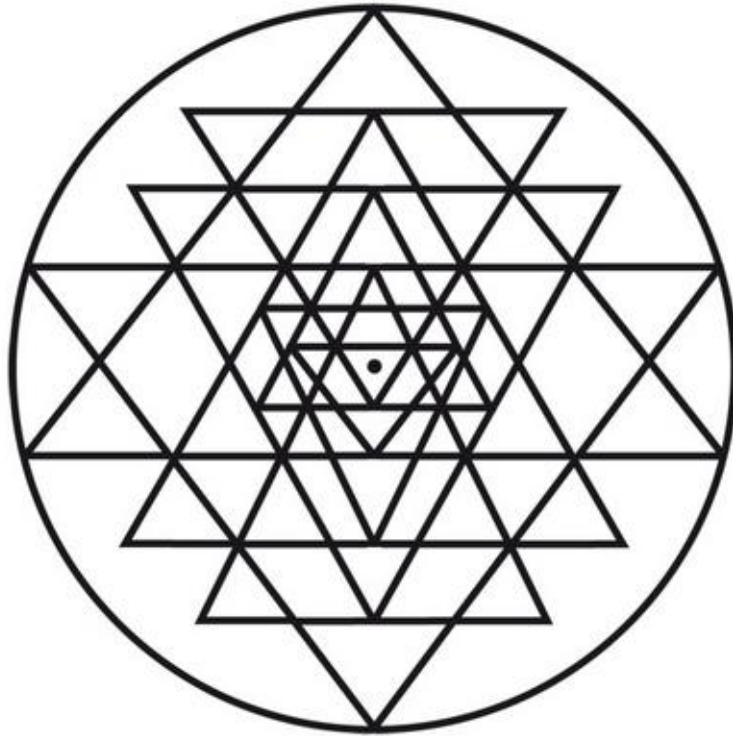


## **Return to Oneness with Spirit through Pan Gu Shen Gong**

*“Awareness and intention are powerful factors for  
personal transformation and healing.”*

**Heaven, Earth, Sun and Moon Qigong  
with the Classical Chinese Medicine based  
EFT Qi-Healer’s Method  
*for Personal Transformation and Healing***

**Rendered by Ricardo B Serrano, R.Ac.**



## **Return to Oneness with Spirit through Pan Gu Shen Gong**

*“Awareness and intention are powerful factors for  
personal transformation and healing.”*

**Heaven, Earth, Sun and Moon Qigong  
with the Classical Chinese Medicine based  
EFT Qi-Healer’s Method  
*for Personal Transformation and Healing***

**Rendered by Ricardo B Serrano, R.Ac.**

Return to Oneness with Spirit  
through Pan Gu Shen Gong

Heaven, Earth, Sun and Moon Qigong  
with the Classical Chinese Medicine based  
EFT Qi-healer's Method  
*for Personal Transformation and Healing*

Rendered by Ricardo B Serrano, R.Ac.

Published © Holisticwebs.com

September 30, 2011

ISBN 978-0-9877819-7-0

North Vancouver, B.C. V7M 3H3

**DISCLAIMER:** Ricardo B Serrano will not be held liable for any adverse effects arising from the meditation practices. The physical and psychological conditions of each person vary. If adverse effects are experienced, stop the practice of the meditations immediately.

# TABLE OF CONTENTS

|  |     |
|--|-----|
| Introduction . . .   | 5   |
| Inner Smile . . .  | 7   |
| Who is Pan Gu? . . .   | 13  |
| What is Pan Gu Mystical Qigong? . . .  | 18  |
| The Gist and Theory of Pan Gu Mystical Qigong . . .                              | 21  |
| Special Features of Pan Gu Shen Gong . . .                                       | 23  |
| Range of Disease Cure of Pan Gu Shen Gong . . .                                  | 24  |
| Harmony Among Heaven, Earth and Man . . .  | 25  |
| Practice Method . . .  | 33  |
| Qi-healing . . .   | 36  |
| A Guide to the Practice of Pan Gu Shen Gong . . .                                | 37  |
| Conclusion . . .   | 40  |
| Pan Gu Shen Gong and Your Tube Torus and Ka . . .                                | 42  |
| Return to Oneness with Spirit through Pan Gu Shen Gong . . .                     | 43  |
| Did Pan Gu Really Exist? . . .   | 49  |
| Morphic Resonance . . .  | 51  |
| Use of Qigong Therapy in the Detoxification of Heroin Addicts . . .              | 52  |
| Acupuncture Treatment for Substance Abuse . . .                                  | 59  |
| Avoiding Substance Abuse . . .   | 61  |
| Ear Acupuncture in Traumatic Events . . .  | 62  |
| Emotional Freedom Technique (EFT) & Its Classical Chinese Medical Aspects . . .  | 64  |
| EFT Qi-Healer's Method . . .   | 66  |
| What is Emotional Freedom Technique (EFT)? . . .                                 | 67  |
| The Basic EFT Recipe . . .   | 69  |
| EFT Face and Body Points . . .   | 70  |
| EFT Hand Points . . .  | 71  |
| EFT Foot Points . . .  | 72  |
| Qigong is the Grandparent /Pillar of Classical Chinese Medicine . . .            | 73  |
| Classical Chinese Medicine vs Traditional Chinese Medicine . . .                 | 81  |
| A Selection of Classical References for the Study of TCM . . .                   | 90  |
| Epilogue with 5 Steps of the EFT Qi-Healer's Method and Process of Healing . . . | 94  |
| Medical Models of Disease with Whole Disease Approach . . .                      | 98  |
| Quotations on Holism . . .   | 100 |
| Glossary . . .   | 101 |
| Acknowledgements . . .   | 103 |
| About Ricardo B Serrano . . .  | 104 |

*Caution:* Do not practice Pan Gu Shen Gong without first training the Lower Dantian to root to avoid self induced energetic psychosis.



**Ricardo B Serrano, R.Ac.**

Ricardo B. Serrano, R.Ac., a registered acupuncturist, author of *Meditation and Qigong Mastery* book with *Omkabah Heart Lightbody Activation*, *Serpent of Light Omkabah*, and *Maitreya (Shiva) Shen Gong Procedure* videos and other related meditation and healing books, Qi-healer and certified Qigong teacher/founder of *Maitreya (Shiva) Shen Gong* and integrative *Enlightenment Qigong*. He has been trained by Pan Gu Shen Gong Master Ou Wen Wei, Wuji Qigong Master Michael Winn, Sheng Zhen Qigong Master Li Jun Feng, Master Pranic Healer Choa Kok Sui, Zhan Zhuang Qigong Master Richard Mooney, Merkaba Master Alton Kamadon, Qi Dao Master Lama Somananda Tantrapa, Toltec Master don Miguel Ruiz, and his other teachers who are meditation, Qigong, herbal and acupuncture masters.

He has been practicing herbology, Qi-healing (Qigong with acupuncture) for over 30 years. He specializes in stress and pain management, and alcohol and drug rehabilitation through natural healing alternative modalities such as counselling, meditation, nutrition, exercise, Qigong, Qi-healing, acupuncture, EFT, herbology, acupressure.

He continues to educate his clients and everyone worldwide through his meditation and Qigong workshops, downloadable ebooks and videos, and holistic websites at [holisticwebs.com](http://holisticwebs.com), [qiwithoutborders.org](http://qiwithoutborders.org), [qigonghealer.com](http://qigonghealer.com), [freedomhealthrecovery.com](http://freedomhealthrecovery.com), [qigongmastery.ca](http://qigongmastery.ca), [acutcmdetox.com](http://acutcmdetox.com), and [quantumnaturalhealth.com](http://quantumnaturalhealth.com). His other books are: *Return to Oneness with the Tao*, and *Meditation and Qigong Mastery*.